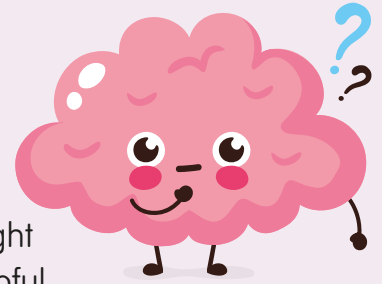


Introduction

What Is EMDR Therapy?

Eye movement desensitization reprocessing therapy (or EMDR therapy, for short!) is a type of therapy that can help kids and grown-ups feel better after scary, stressful, or traumatic experiences. It can help you work through big emotions you might be feeling, like worry, sadness, and anger, as well as any unhelpful thoughts or memories that you can't seem to get out of your mind. It can also help you process uncomfortable body sensations, like feeling shaky, having a funny feeling in your stomach, or feeling hot in certain parts of your body.



How Does EMDR Therapy Work?

When a painful or upsetting experience happens, the memory of that experience sometimes stays “stuck” in your body, heart, and mind (Shapiro, 2018). An EMDR therapist can help you figure out what memories are getting stuck and giving you problems. In EMDR therapy, you will be asked to focus on these upsetting memories while using back-and-forth movements to help your brain and body get unstuck. There are lots of ways to do back-and-forth movements in EMDR. The most common types include moving your eyes, tapping with your hands, marching your feet, using buzzers, or listening to sounds in an alternating left-right pattern. These movements are all types of bilateral stimulation—meaning that they light up both sides of your brain and body.



What Does EMDR Therapy Help With?

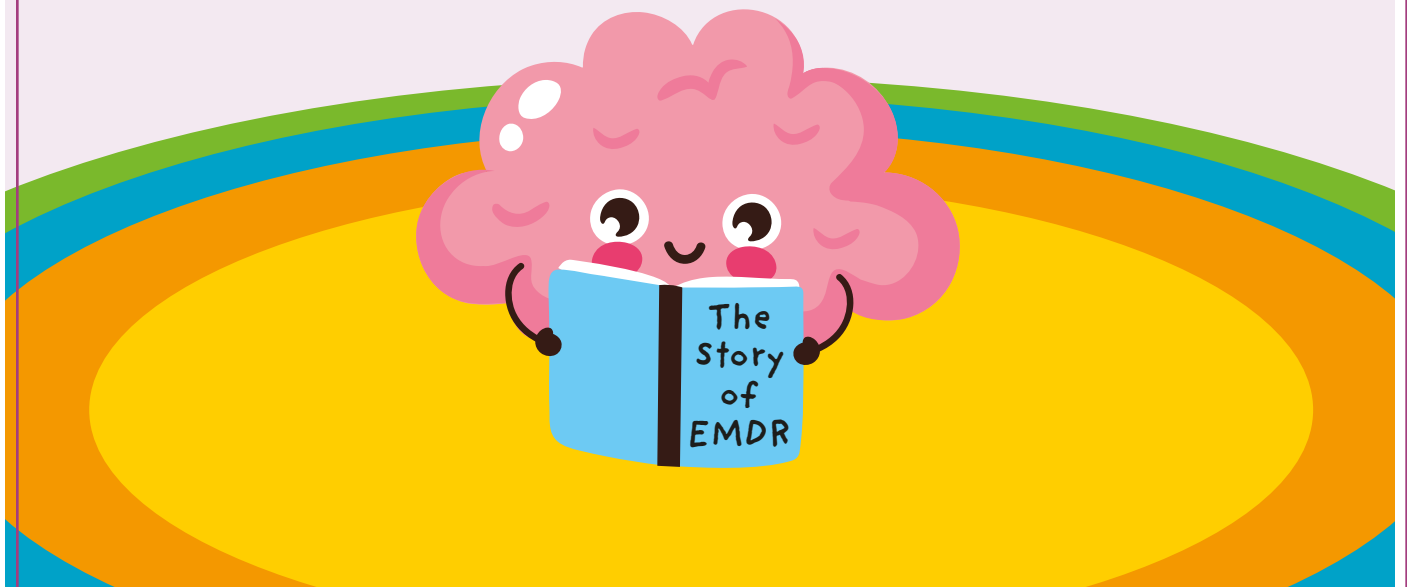
EMDR therapy can help kids feel better about a bunch of different problems:

- ★ Bullying
- ★ Anxiety and worries
- ★ Sadness
- ★ Anger problems
- ★ Parents arguing and fighting



- ★ Parents divorcing or separating
- ★ Medical problems
- ★ Moving to a new country
- ★ Eating issues
- ★ Losing a person or pet
- ★ Experiencing abuse (physical, emotional, sexual) or neglect
- ★ Nightmares
- ★ Sleeping problems
- ★ Witnessing violence in your neighborhood
- ★ Experiencing natural disasters, like earthquakes, fires, or tornadoes
- ★ And much more!

If you have experienced one or more of these problems and are having a hard time right now, know that you are not alone—and EMDR can help. Your EMDR therapist will work with you and your caregivers to figure out how to help you feel better. Let's get started by learning more about the story of EMDR, and then we'll learn more about your story.



The 8 Phases of EMDR Therapy

Phase 1 My Story and Goals



During phase 1 of EMDR, you will work on sharing your story and figuring out the parts of your story that are causing problems for you. Once you figure out the problems you would like to work on, you will work with your EMDR therapist to come up with goals to help with those problems.

Phase 2 Getting Prepared



During phase 2, you will work on building trust with your EMDR therapist and learn the basics of how EMDR works. You will also learn new skills to calm down and cope with uncomfortable feelings and emotions that might show up during EMDR therapy.

Phase 3 Activating Targets



In phase 3, you will work with your therapist to identify (1) a target problem, (2) an image that comes to mind when you think of the problem, (3) unhelpful thoughts, (4) helpful thoughts, (5) how true the helpful thought feels, (6) the emotions you feel, (7) how stressed out this problem makes you feel, and (8) where you feel the stress in your body.

Phase 4 Discharging the Stress



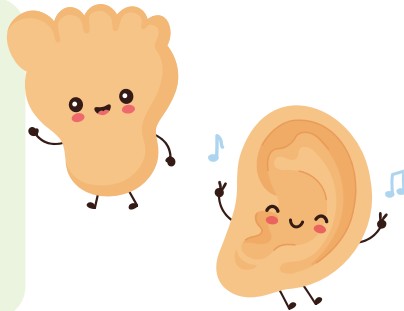
In phase 4, you will focus on the target problem while doing some type of back-and-forth movement with your EMDR therapist. These movements can include moving your eyes, tapping your hands, drawing, dancing, and much more! The goal of phase 4 is to help you move and shake the stress of the target problem out of your body, heart, and mind.

Phase 5
Strengthening
the Positive



Phase 5 is where you will focus on strengthening your positive and healthy thoughts so that whenever you are reminded or think about your target problem in the future, you won't feel stressed out. For example, instead of thinking, "I'm not safe," you will think, "I'm safe now!"

Phase 6
Increasing
Body
Awareness



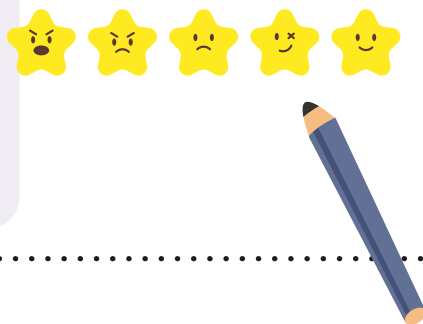
In phase 6, you will work with your EMDR therapist to release any unhelpful memories that are stuck in your body. If you notice any uncomfortable feelings in your body, let your EMDR therapist know so you can keep doing back-and-forth movements to release the stress from your body!

Phase 7
Finishing
and Ending



All EMDR sessions will finish and end in the same way: by doing something calming or fun. Your therapist will also talk to you about what to expect in between sessions.

Phase 8
Reviewing
and Revising



At the beginning of each EMDR session, your therapist will see if your problem has gotten better or worse since the last session, including any triggers that might have come up for you. You will see if your target problem has been solved or talk about things you still need to work on.

Reference: Shapiro (2018)

My Favorite Memories

Let's learn about some of your favorite memories! In each bubble, draw a symbol or write a couple of words to help you remember a special, positive day or moment that you've had. Do you have a favorite place you have visited? A favorite holiday? A favorite day or party that you remember?

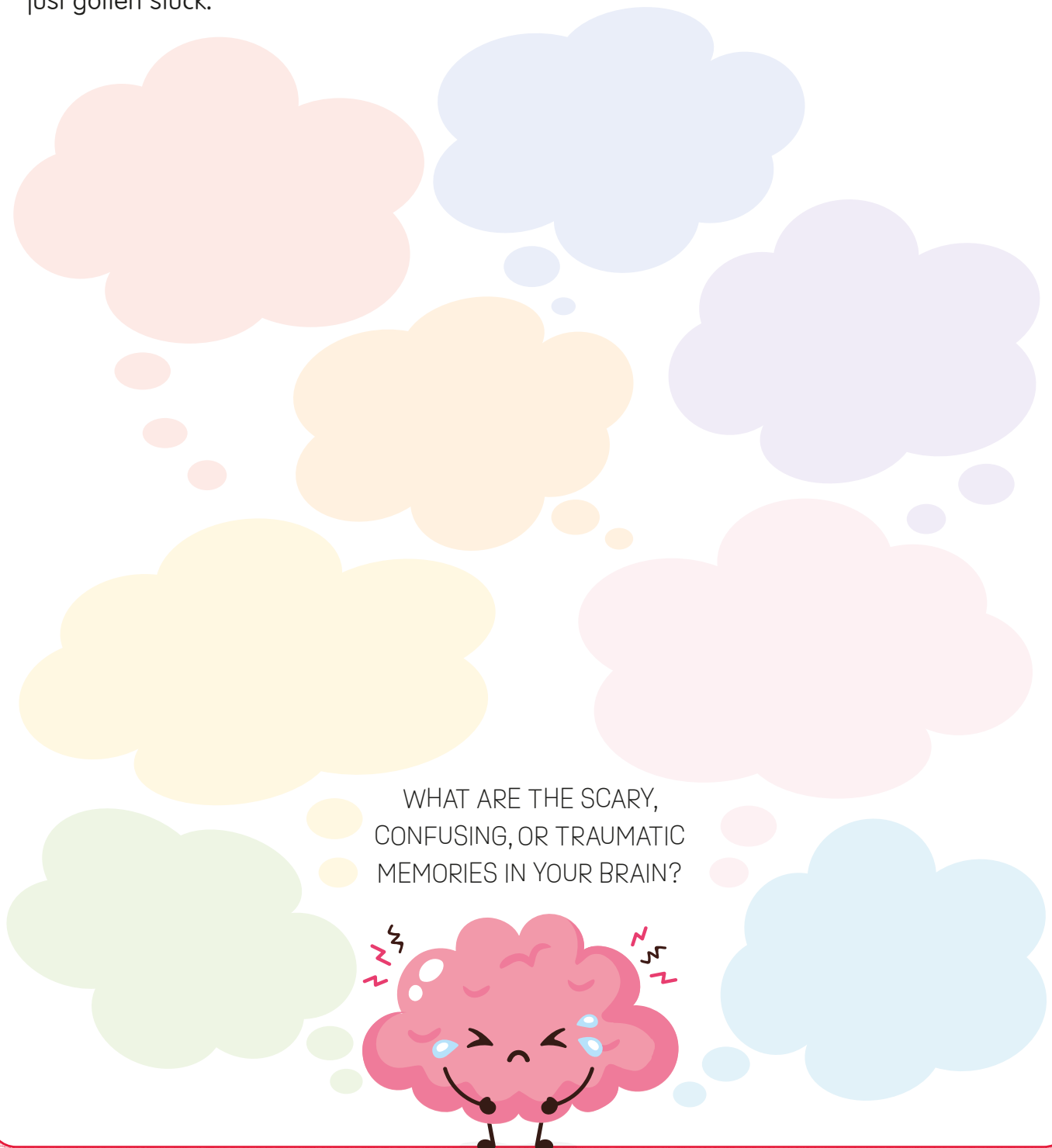


WHAT ARE SOME OF YOUR
FAVORITE POSITIVE MEMORIES
THAT ARE IN YOUR BRAIN?



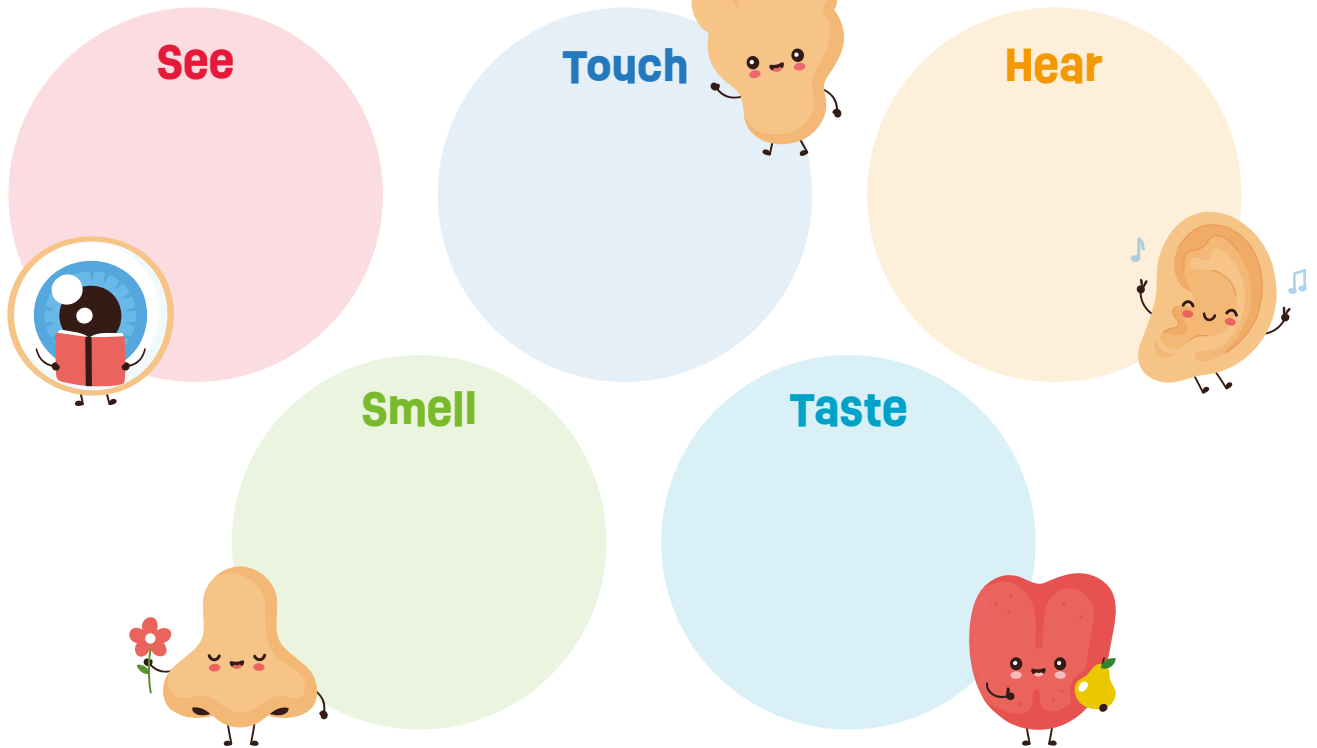
My Scary, Confusing, Traumatic Memories

Sometimes, our brains get confusing, scary, and traumatic memories stuck inside them. In the bubbles, write or draw some upsetting memories that have gotten stuck for you. These can be memories that have been stuck for a very long time or new memories that have just gotten stuck.

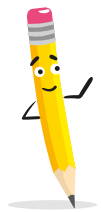


Safe, Calm Place

Imagine a place where you feel safe and calm. This place can be real or imagined. For example, it could be a cozy corner of your house or a magical place from your imagination. Use all five senses (sight, sound, smell, taste, and touch) to describe your safe, calm place. Optional: With your EMDR therapist, use back-and-forth movement to strengthen your safe, calm place.

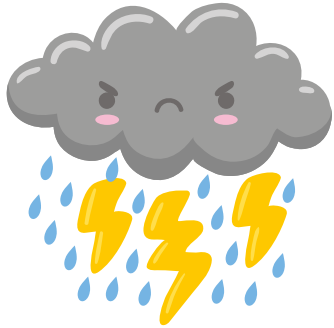


Draw your safe, calm place!



Stormy SUD Scale

Sometimes our problems can feel like a big thunderstorm raining down on us. How stormy does your problem feel when you think about it now?



10 The biggest storm you could imagine, with thunder and lightning!

9

8

7 A hard storm

6

5 A rainstorm

4

3

2 A little rain shower

1

0 Not stormy at all



Rainbow VOC Scale

To determine how true your helpful thought feels right now, color in the rainbow below. One color means that your helpful thought does not feel true at all, while seven colors means it feels completely true.



Helpful thought

How many colors of the rainbow does your helpful thought feel?

7 colors = Completely true

6 colors = Very true

5 colors = Mostly true

4 colors = Pretty true

3 colors = Somewhat true

2 colors = A little true

1 color = Not true at all

